

LONG BEACH MHC HOSTS ANNUAL CELEBRATION

By Karen Zarsadiaz-Ige, LACDMH Public Information Officer



The Los Angeles County Department of Mental Health's (LACDMH) Long Beach Mental Health Center hosted its annual Mental Health Month celebration on Wednesday, May 20, 2015.

Nearly 30 people attended the "It's a Good Day to Be Well" event at the center. The day's festivities included music, singing, sharing personal stories of wellness and certificates of achievement.

Speakers from various community agencies and advocacy groups presented information about their services and resources. John Travers from Mental Health America was the keynote speaker at this year's event. Other speakers included Sandra Ruiz, David Duncan, Robert Crocker and Rodney Grayson.

